



ARMY RESILIENCE DIRECTORATE

MEDIA UPDATE
March 3-9, 2023

NEW Suicide Prevention and Response Independent Review Committee Releases Report

The Suicide Prevention and Response Independent Review Committee released its report, which includes findings and recommendations. To view the report and learn more about suicide prevention, visit <https://www.armyresilience.army.mil/suicide-prevention/pages/LeaderResources.html>.

ASAP and R2 Awareness Materials Are Available!

Register for a free Products on Demand account here:

<https://marcomcentral.app.pti.com/Ironmark/ARDmaterials>.

Follow the New Users - Click Here to Register link and fill out and submit the form. The materials are free, and some are also available for digital download.

SAAPM 2023 *Intervene We Are a Team: There is US in TrUSt. Can They Trust in You?*

The SAAPM 2023 microsite has resources to promote intervention and prevent unwanted sexual behavior. To download awareness materials, visit <https://www.armyresilience.army.mil/SAAPM-2023/index.html>.

Suicide Prevention Resources for Commanders

Commanders and unit leaders can find suicide prevention resources on the Army Resilience Directorate website, including suicide prevention handbooks for leaders at all levels, Leaders Suicide Prevention Safe Messaging Guide, Defense Suicide Prevention Office Family Guide: Supporting Military Families in Crisis, public service announcements/videos, and postvention guides and toolkits for active and reserve units and leaders. To access these resources, visit <https://www.armyresilience.army.mil/suicide-prevention/pages/LeaderResources.html>.

SHARP Resources for Commanders

The Army Resilience Directorate website provides commanders with SHARP resources and information, including the SAPR toolkit, education and leader development, training and links that access sexual harassment, sexual assault and victim support resources from DOD and government and nonprofit organizations. <https://www.armyresilience.army.mil/sharp/pages/Resources-for-Commanders.html>

Leading Through Tough Times: Treat Every Soldier Like a Tank

In this episode of the *Army Resilience Round Up* podcast, LTG Russel Honoré discusses his experience as a disaster management and climate preparedness leader and what it takes to lead through tough times. As an Army veteran, he shares his beliefs about what it takes to produce Army-strong Soldiers and the ways that leaders can boost their troops' resilience through effective support. Honoré also reveals his

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own core leadership principles that commanders and Soldiers alike should consider integrating into their careers. Listen here: <https://www.armyresilience.army.mil/ard/podcast.html>

Save the Date!

March 21, 2023: Live Facebook event: Cultivating Resilience to Prevent Harmful Behaviors

Times: 11 a.m. and 2 p.m. EST

<http://www.facebook.com/ArmyResilience>

The stories quoted in the ARD Media Update are provided for situational awareness. Statistics, data and quotes used by these media sources have not been checked for accuracy or approved/endorsed by the U.S. Army Resilience Directorate. Verify all information with official Army sources before quoting or citing.

ARTICLE: Army Revives 'Be All You Can Be' Campaign

SYNOPSIS: The Army has launched a massive effort to reverse a stubborn recruiting environment with a modern revival of the iconic "Be All You Can Be" ad campaign that identified the service for 20 years. With a refreshed website, an updated star logo and two initial ads (more to come later this year), Army leaders are banking on the campaign to attract new enlistees by invoking a message that resonates across generations.

REPORTER: Association of the United States Army

<https://www.ausa.org/news/army-revives-be-all-you-can-be-campaign>

ARTICLE: Denim Day, Take Back the Night Walk to Highlight Picatinny Arsenal's Sexual Assault Awareness Month Observance

SYNOPSIS: In February, Alberta Cole, Picatinny Arsenal garrison sexual assault response coordinator, collected about 80 pairs of jeans that were donated by arsenal employees and that will be decorated for Denim Day, on April 26. The observance, on the last Wednesday of April (Sexual Assault Awareness Month), encourages people to wear denim jeans to raise awareness of rape and sexual assault. is

REPORTER: Eric Kowal, *Army.mil*

https://www.army.mil/article/264580/denim_day_take_back_the_night_walk_to_highlight_picatinny_arsenals_sexual_assault_awareness_month_observance

ARTICLE: 509th SSB: Achieving Innovative SHARP Training Through Immersion

SYNOPSIS: Leaders in the 509th Strategic Signal Battalion combined innovative and immersive training elements during a recent annual Sexual Harassment/Assault Response and Prevention challenge, emphasizing the importance of SHARP in professional workplaces and personal lives.

REPORTER: Maj. Andrew Chisholm, *DVIDS*

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<https://www.dvidshub.net/news/439833/509th-ssb-achieving-innovative-sharp-training-through-immersion>

ARTICLE: Physician Says DOD Focused on Improving Mental Health of Force

SYNOPSIS: Defense Department health leaders provided testimony at a Senate Appropriations Subcommittee on Defense hearing. Assistant Secretary of Defense for Health Affairs Dr. Lester Martinez-Lopez said the department is committing resources aimed at preventing death by suicide of military and Family members.

REPORTER: David Vergun, *Department of Defense*

<https://www.defense.gov/News/News-Stories/Article/Article/3321282/physician-says-dod-focused-on-improving-mental-health-of-force/>

ARTICLE: Suicide Prevention Requires Constant Attention

SYNOPSIS: "Every death of a Soldier is a tragedy. Every death by suicide is even more tragic," James Helis, director of the Army Resilience Directorate, said during an Association of the U.S. Army Noon Report webinar. "It has cascading effects across the unit, to the battle buddies, to the squad mates, to the Family, to the leaders. This is a problem that we have to stay on top of all the time." Helis observed that Soldiers who die by suicide tend to be young, junior enlisted men experiencing a crisis.

REPORTER: *Association of the United States Army*

<https://www.ausa.org/news/suicide-prevention-requires-constant-attention>

ARTICLE: BJACH Providers, Patients Meet TBI Awareness Month Head On

SYNOPSIS: Bayne-Jones Army Community Hospital strives to protect the health and well-being of Soldiers at the Joint Readiness Training Center and Fort Polk, Louisiana, year-round by offering state-of-the-art treatments to those with mild to severe traumatic brain injuries. And given that March is Brain Injury Awareness Month, the hospital's TBI clinic is providing educational information about brain injury symptoms.

REPORTER: Jean Graves, *Army.mil*

https://www.army.mil/article/264565/bjach_providers_patients_meet_tbi_awareness_month_head_on

ARTICLE: 'Other' Race/Ethnicity Linked to Higher Suicide and Overdose Risk in Military Members With Mild TBI

SYNOPSIS: Previous studies have reported high rates of death by suicide and drug overdose—including opioid overdose—in military service members with a history of mild traumatic brain injury (mTBI). A new study finds that those risks are highest among military members with mTBI who identify their racial/ethnic status as "other," as opposed to standard racial/ethnic categories, reports the March/April issue of the *Journal of Head Trauma Rehabilitation*.

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REPORTER: Wolters Kluwer, *Newswise*

<https://www.newswise.com/articles/other-raceethnicity-linked-to-higher-suicide-and-overdose-risk-in-military-members-with-mild-tbi>

ARTICLE: Fallen Belmont County Soldier's Family Hopes to Save Others With Their Message

SYNOPSIS: A U.S. Army sergeant from St. Clairsville will be laid to rest in the Ohio Valley. Hayden West was nearing the end of his term of active duty when he took his life in Tennessee. His body has been escorted back to St. Clairsville for services. His Family wants to raise awareness of the alarming rise in military suicides and let people know that help is available.

REPORTER: D.K. Wright, *WTRF*

<https://www.wtrf.com/health-2/mental-health/fallen-belmont-county-soldiers-family-hopes-to-save-others-with-their-message/>

ARTICLE: DOD Hopes to Raise Awareness About Dangers of Fentanyl

SYNOPSIS: Overdose deaths from drugs, including illicit drugs and prescription opioids, are a public health problem that harms countless communities and families. According to the Drug Enforcement Agency (DEA), drug poisonings are the leading killer of Americans between the ages of 18 and 45. A newer street drug flagged by the DEA is rainbow fentanyl, a brightly colored powdered version of the toxic opioid that is highly appealing and deadly. The Defense Department wants to raise awareness of this health crisis in order to sharply decrease the many daily fatal overdoses.

REPORTER: Lt. Col. Melissa Boyd, *Army.mil*

https://www.army.mil/article/264635/dod_hopes_to_raise_awareness_about_dangers_of_fentanyl

ARTICLE: AUSA Unveils 2023 Focus Areas

SYNOPSIS: AUSA's 2023 Focus Areas, released this month, aim to support Soldiers from the regular Army, Army National Guard and Army Reserve, Department of the Army civilians, Families, Veterans and retirees. The focus areas stress the importance of having timely and sufficient budgets, providing programs and policies to support people, maintaining readiness and momentum for the Army's modernization efforts and supporting a healthy and resilient defense industrial base.

REPORTER: *Association of the United States Army*

<https://www.ausa.org/news/ausa-unveils-2023-focus-areas>

ARTICLE: 10th Mountain Division Soldiers Learn the Basics About Holistic Health and Fitness While In-Processing at Fort Drum

SYNOPSIS: When Soldiers first arrive at Fort Drum, New York, 10th MRC staff introduce them to the Holistic Health and Fitness program and the team of dietitians, occupational therapists, and strength and conditioning coaches who are helping to define what readiness means in the Army.

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REPORTER: Mike Strasser, *Army.mil*

https://www.army.mil/article/264639/10th_mountain_division_soldiers_learn_the_basics_about_holistic_health_and_fitness_while_in_processing_at_fort_drum

ARTICLE: 'Griffin Grit' Workout at Beach Caps 229th MI Bn. Resiliency Class

SYNOPSIS: After six weeks of classroom training on resiliency, Soldiers assigned to the 229th Military Intelligence Battalion hit Carmel Beach for a workout. The event, Griffin Grit, is the capstone to Griffin Mindset, a chaplain-led class that teaches Soldiers how to build resiliency. The 40-minute workout had Soldiers in and out of the water, up and down the dunes and back and forth across the beach as the late-afternoon sun began to set behind the ocean. By the end, participants used words such as "great," "fun" and "fantastic" to describe the experience.

REPORTER: Winifred Brown, *Army.mil*

https://www.army.mil/article/264641/griffin_grit_workout_at_beach_caps_229th_mi_bn_resiliency_class

ARTICLE: Female 4-Stars Discuss Sexism in the Service, Say the Military Is 'Much Better' for Women Now

SYNOPSIS: All four of the U.S. military's four-star female officers gathered in public for the first time to talk about the sexism that they have experienced in the service and how far women still must go before they're fully integrated members of the armed forces.

REPORTER: Doug G. Ware, *Stars and Stripes*

<https://www.stripes.com/theaters/us/2023-03-06/women-military-generals-sexism-9389800.html>